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The Orthodox Herald

Celebrating our 44th year

Volume 44, No. 10 ISSUE 525 FEBRUARY 1996 35¢ Per Copy

HERITAGE TOUR 1995

The Carpathian Mountain region is especially beautiful in September. The leaves are still green on the trees and fruit and grapes are colorful on branch and vine waiting to be picked.

The roads leading to many villages in the Uzhorod area are lined with nut trees. When we visited early in September, we saw many young men lining the ground under the trees with burlap and then climbing the trees which they shook to loosen the nuts which fell to the ground. We saw people loading burlap bags full of nuts into the trunks of their cars and those without the use of cars put the burlap bag (the size of a potato bag) on their handlebars. No wonder this district is known for its nut pastries, some of which we sampled in our bus courtesy of Father Stroyen's relatives.

Every trip has fond memories. On this trip for many it was the experiences with mushrooms. We saw some people come down from the hills with baskets of mushrooms. We stopped the bus and hurried to the mushroom pickers. After a little bargaining, they were willing to sell us the fragrant mushrooms. We had no idea what we were going to do with them, but we were so excited seeing and smelling them. When our bus arrived in Lvov, we asked the hotel kitchen to prepare them for our group. They refused, so we asked them to store them in the refrigerator. Some people took some of the mushrooms and tried to dry them in their rooms and on the bus. I don't know if they succeeded, but we took our mushrooms upon leaving Lvov. When we arrived in Sanok, we found that our bus driver had a whole camping kitchen. He volunteered to cook our mushrooms. He brought them and slices of fresh bread into the lobby of the hotel where we were staying in Sanok, Poland. We broke off pieces of bread and scooped up pieces of the melange, which he had prepared for us. We enjoyed it so much, that other

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The Prayer Of St. Ephraim The Syrian

"O Lord and Master of my life! Take from me the spirit of laziness, despair, lust for power and vain talking.
But give to me Your servant, the spirit of purity, humility, patience and love.

Yes, Lord and King, grant me to see my own sins and not judge my brother. For blessed are You, forever and ever. Amen."

FASTING CONTINUES

The Great Lent will begin before the month is over. The first Sunday of February is the beginning of the Triodion (see Dabs of Thoughts). We are put on alert that we should start to prepare for the fasting of Great Lent, which leads to Paska/Easter.

There are many instances of fasting in the Old Testament. This continues in the New Testament. In fact, Anna, who was there with Simeon at the Presentation of the Lord, which we commemorate on Feb. 2/15 is mentioned in Luke 2:37: "(She) did not depart from the temple, but served God with fastings and prayers night and day," waiting for the Messiah. God granted her the privilege of recognizing the baby Jesus as the Messiah.

We also read in Matt 4:2 that Jesus fasted for 40 days before beginning His ministry.

During the Sermon on the Mount that followed, He taught: "and when you fast, do not be like the hypocrites, with a sad countenance," (Matt 6:16) apparently assuming that all His listeners did fast. The Pharisees customarily fasted twice a week (Luke 18:12).

In the early church, after fasting and praying Christians received instructions from the Holy Spirit (Acts 13:2).

St. Paul fasted for three days after his conversion on the Damascus road (Acts 9:9).

The church congregation at Antioch fasted and prayed before sending Paul and Barnabas on their first missionary

(Continued on Page 57, Col. 1)

REALIZED HIS HEART'S DESIRE

Almost 2,000 years ago, there lived in Jerusalem the "just and devout" man Simeon. He had faith in the Messianic prophecies and was patiently "waiting for the Consolation of Israel." (Luke 2:25)

What were some of these Messianic prophecies? The first one was given by God. One that gave hope to sinful mankind. God foretold the coming of the Seed of the "woman." (Genesis 3:15)

Later on in Genesis 22:17,18; 49:10 the "Seed" was identified as Abraham's seed, and Jacob foretold His (Christ's) coming.

The glories of the Messiah's Kingdom were extolled in the Psalms. (Psalm 72:1-20)

Then Isaiah foretold that the "Seed" would be born of a Virgin, and Micah prophesied that the Birth would occur in Bethlehem. (Isaiah 7:14; Micah 5:2)

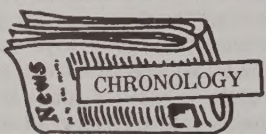
Still there was no Messiah, even though the original prophecy was about 4,000 years ago. During this time, the Jews had experienced the destruction of the Temple, the desolation of their homeland, a 70-year exile in Babylon, and 500 more years of subjection to Gentile rulers. Still no Messiah!

Among reverent Jews longing and praying for the Messiah's coming was Simeon, a faithful elderly servant of God living in Judea's capital city. Something special had happened to Simeon. God had placed His Holy Spirit on Simeon and had rewarded him with a revelation. (Luke 2:25,26) Simeon would not see death until he has seen the Messiah! But days and months were swiftly passing by. Simeon was getting more feeble and can hardly expect to live much longer. Will God's promise to him be fulfilled?

Then, one day a young couple with a baby comes to the temple from Bethlehem. Holy Spirit reveals to Simeon that this is the long-awaited day. He goes to the temple, where he will see the One of whom the prophets have written. Hurrying as fast as his aged body permits, he sees Joseph, Mary, and the child.

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THE ORTHODOX HERALD
(USPS 600-140)
(ISSN 0744-1495)
Published monthly by
The Orthodox Herald, Inc.
Transjurisdictional Publication
Special non-profit rate
Entered as Second-Class Mail at
Hunlock Creek, PA 18621 and Mahanoy
City, PA 17948 an additional mailing office.
Founders and Editors: V. Rev. W. Basil
Stroyen, M.A., Ph.D., D.D. and Nina Bohush
Stroyen, R.N., D.D., D. Litt
Phone 717-256-7232
Annual Subscription $6.00 a year.
$10.00 for two years.
Packet Plan Rate on Request
Address all correspondence to:
P.O. Box 9
Hunlock Creek, PA 18621
Contributions are tax deductible
Published since 1952



FEBRUARY 1996

CATHOLICS IN THE UKRAINE have been urged by Pope Paul John Paul II to pursue religious reconciliation with Orthodox Christians recalling both their "tragic persecution" under communism.

BIBLICAL ILLITERACY is on the rise. In a recent survey, only 50% of Bible owners said they read the Bible any given week. 64% did not know that Jesus was a descendant from King David and 40% thought the entire Bible, both Old and New Testaments, were written several decades after Jesus' death.

TO CELEBRATE ITS BICENTENNIAL, Cleveland is looking for Early Families in Cleveland. A list of years that various ethnic groups emigrated to the Cleveland area is being furnished by the Western Reserve Historical Society. If you have someone who arrived prior to the year listed, you may receive a special certificate. To get a packet of instructions and more info, call (216) 721-5722. Families will be honored on May 4 and 5 or Nov. 29.

CHURCH AND STATE Guidelines for Schools are explained in a booklet "Religion in the Public Schools: A Joint Statement of Current Law." The booklet examines both federal and state court rulings. Send $3 and a self-addressed, stamped envelope to NAE Office of Public Affairs, 1023 15th St. NW, Suite 300, Washington, DC 20005.

THE ORTHODOX-ANGLICAN DIALOGUE has been terminated by SCOBA because of the Episcopal Church has undergone basic changes, perhaps the most marked since the Reformation.

A MODERN ENGLISH TRANSLATION OF THE DIVINE LITURGY has been prepared by the SCOBA Liturgical Commission. It is intended to become the standard English text for all jurisdictions in America.

WORLD DAY OF ORTHODOX YOUTH is celebrated on Feb. 2/15 for the Holy Day of the Presentation of Our Lord. Many parishes will acknowledge this day on a Sunday preceding or following this date.

SLOVAKIA has passed a law forbidding languages other than Slovak to be used even in private conversations. Since there are many Hungarians in Slovakia, they are especially upset. "Subtle means are being used to prevent Hungarian-populated villages from using Hungarian in local churches, such as appointing Slovak priests with no knowledge of the minority language." The Carpatho-Russian population is also affected by the new law. Will "Po Nashemyu" be obliterated?

PILGRIMS TO BETHLEHEM were promised full protection by the mayor Elias Freij, who is Orthodox. Israeli troops withdrew from the town on Dec. 18. The Orthodox here celebrate Christmas on January 7.

NEEDED by the Orthodox Monastery of the Transfiguration, RD1, Box 184-X, Ellwood City, PA 16117, a used pickup truck. Phone 412-758-4002.

SYNDESMOS recently held their 15th General Assembly. Attending were over 200 participants representing 119 Orthodox youth movements and organizations from 45 countries.

ORTHODOX CHRISTIANS PEN-FRIENDS CLUB, PO Box 56303, Arcadia, 0007 South Africa has been formed so that Orthodox people can communicate with Orthodox from other countries.

THOSE INTERESTED IN ICONOGRAPHY should contact St. John of Damascus Arts Academy, PO Box 638, Ligonier, PA 15658-0638. You can join iconography sessions, buy books on icons, purchase icons and supplies for painting icons.

BERLIN, GERMANY is again a mecca for Russians. There are dozens of Russian cafes and restaurants. Scores of art shows, concerts, theater productions, film festivals, poetry readings and other events are held turning Berlin into a world center for Russian culture. Patriarch Alexy II visited, served in the Russian Orthodox Cathedral, and opened an exhibit in the House of Russian Arts and Sciences.

ST. AUGUSTINE, FL will be the site of the 14th Annual National Pilgrimage to the Greek Orthodox National Shrine on Feb. 3-6. On Nov. 21, 1777, 95 Greek Orthodox indentured servants started to worship at the Avero House. The Ottoman Turks did not allow a Greek Orthodox priest to accompany the immigrants to the ill-fated New Smyrna Colony. Feb. 6 is the day St. Photius is honored on the calendar. Call 904-829-5132 for info.

ROMANIA is the first predominately Orthodox country to provide full-time pastoral service in its armed forces. Other former communist countries, including Russia, Ukraine and Bulgaria, currently allow access to military sites by designated priests and ministers. Only Poland and Hungary have full-scale chaplaincy networks. Poland has 230 full-time Roman Catholic chaplains; the Orthodox have 30 chaplains and a military bishop.

THE 1996 DAILY LIVES OF THE SAINTS AND FASTING CALENDAR is a monumental endeavor by Tom and Georgia Mitrakos, 3131 Scenic Ct., Allison Park, PA 15101. It is in a daily tear-off format. On each page is a short write-up on a few of the saints of the day. The other saints commemorated on this day are listed. Daily Bible readings are given. Instructions on fasting for the day are included. Although this calendar is mainly according to the new calendar, the old calendar date is prominently listed. Each page has a small icon of one of the saints of the day. Send $12.95.

ALTHOUGH FINANCIAL CONCERNS were among the main topics at the OCA Council in Chicago, $25,000 was donated to aid victims of the 1995 floods which devasted the Midwest.

MUSICA RUSSICA, 27 WILLOW LANE, MADISON, CT 06443 has a catalogue of CD's. It is more than a catalogue, it rates the music quality and gives an explanation of each record, making it easier to purchase a record. It has a cut of each cover.

Vechnaya Pamyat – Memory External – Matushka Mary Horsky.

•Fasting Continues

journey (Acts 13:3).

This tradition continued. However, generally, in the early church fasting meant abstinence from all food until evening or just one meal a day. Later it came to mean abstinence from certain foods, keeping to the barest necessities.

Isaiah 58:3-11 describes what is and is not acceptable fasting in God's sight.

What are we achieving by fasting? There is something to be said for the total commitment that fasting seems to bespeak – a feeling that you have finally given everything even your appetite, to God. And that in itself gives a particular closeness and readiness to accept whatever happens.

The Westminster Dictionary of Christian Spirituality ably summarizes the matter of fasting. "It is praying with the body, affirming the wholeness of the person in spiritual action; it gives emphasis and intensity to prayer; specifically it expresses hunger for God and His Will; it asserts the goodness of creation by means of temporary surrender of enjoyment of some of its benefits and therefore always includes an element of thanksgiving; it is a training in Christian discipline and specifically against the sin of gluttony; it expresses penitence for the rejection and crucifixion of Christ by the human race; it is a following of Jesus on His way of fasting; it is one element in mortification; the acceptance of the death of self in the death of Christ, and thereby an act of faith in the Resurrection."

•Heritage Tour 1995

were purchased on the way to Presov, Slovakia and here the hotel kitchen was kind enough to prepare the mushrooms which we enjoyed for breakfast. We wish to thank the chef who we learned was from Wilkes-Barre, PA. Strangely enough we were never served anything with mushrooms except for mushroom soup in Sanok, when we requested soup. It was terrible!

Now in e cold wintry weather here in the northeast, I take the lid off my jars of dried mushrooms, smell their fragrance, take out a few to soften in water and use in my cooking and I smile, thinking of the happy mushroom experiences we had on our Heritage Tour 1995.

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He who rolls up his sleeves, seldom loses his shirt.

•Realized His Heart's Desire

With what joy Simeon takes the child Jesus into his arms! He says the words which are said at each Vesper Service in the Orthodox Church. Read Luke 2:29-32.

"Lord now You are letting Your servant depart in peace. According to Your Word; for my eyes have seen Your salvation which You have prepared before the face of all peoples, a Light to bring revelation to the Gentiles, and the glory of Your people Israel."

GIVING UP OR ADDING

As we approach Great Lent on February 26, we hear people saying, one to another: "What are you giving up for Lent?"

It is also important to add something, such as Bible Study, morning devotions, a 100% attendance at the Divine Liturgies; or, in our relations with our neighbors – the Christ-like acts of visiting the sick, lonely and housebound; asking for forgiveness for a show of temper; saying a good word instead of evil words of gossip for the woman who sits in the next pew or who helps at perohi-making time; or in our homes – kindness instead of quarrelsomeness, more time with the children on Saturdays and Sundays; in place of fault-finding, forebearance and patience. (See St. Ephreim Prayer)

But most important of all we must be right with God. We must acknowledge and confess the sins that daily beset us. We have them because we're human – lust, hate, intolerance, worry, evil designs, and lack of faith. "But if we confess our sins, God is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.." (1 John 1:9)

So Lent is giving up but it is also adding.

DIPTICHS

It is time to update your diptich (list of the dead) and to give it to the priest so that it can be read on the Soul Saturdays beginning with the first one on February 17.

Perhaps you should add the names of some who were very active in your parish but now have no one left to present their name on a diptich.

Many of them had great, unquestioning faith and depended on God alone. They lived the faith with their whole heart and soul. We should not forget the women who, with their weak legs, climbed the steps of the church not minding the extra pain it brought. Then there are those who kept the house of the Lord sparkling clean and were not expecting to be paid for they knew that there was no money in the church treasury.

For the same reason, we must remember those handy men who came promptly when called to fix a pipe or get the furnace going. Again they worked gratis and seemed grateful that they were given the opportunity to do something for God's home.

Interestingly, those families of our first immigrants with their zeal and disciplined lifestyle accomplished more than our present generation. They founded the churches often mortgaging their homes to get enough money. They sent their children to the parish school in the basement of the church, after they were dismissed from their regular school, to learn the Russian language, culture and music and to study cathechism and learn about their faith.

There are many others. Whom do you remember?

Add their names to your diptich.

THE DEVIL'S BEST TOOL

It was once announced that the devil was going out of business and must offer all his tools for sale to whoever would pay his price. On the night of the sale, they were all attractively displayed. Malice, Hatred, Envy, Jealousy, Sensuality, and Deceit, and all the other implements of evil were spread out, each marked with its price. Apart from the rest displayed on a beautiful piece of velvet lay a harmless looking, wedge shaped tool, much worn and priced much higher than any of them.

Someone asked the devil what it was "That's Discouragement," was the reply.

"Well, why do you price it so high?"

"Because," replied the devil, "it is more useful to me than any of the others. I can pry open and get inside a person's consciousness with that when I could not get near them with any of the others, and once inside, I can use them whatever way suits me best. It is so much worn because I used it with nearly everybody, as very few people yet know it belongs to me."

It hardly need be added that the devil's price for discouragement was so high it was never sold. He still owns it and is still using it.

HOW INCONVENIENT

Great Lent begins on Monday, February 26, amid the cold Arctic blasts, flu, snow and the slow lengthening of days for those who live in the north.

As one is stricken with the flu, that person knows what it is to have to stop, get plenty of rest, drink lots of fluid, take medication and stay in bed. HOW INCONVENIENT! Yet, how necessary, if one is to get well.

In a sense we can compare Lent to the flu for one should stop, take a good look on ourselves and what we are doing with our lives. We should take advantage of going to church during the week and attending one of the "extra" services, take time each day to read the Holy Scriptures and other religious writings, and to be quiet and listen to God's Will.

We should also strive to do something each day in Lent to help another person. Add the names of some people who are in need of prayer to your daily prayers. The Canister Project or Lenten Self-Denial Folders are examples of sharing your substance with others.

Lent – HOW INCONVENIENT! Yet how necessary, if we are to grow in grace. Lent is a time for us to listen, pray and to do that which God would have us do. If we keep the Lent and make use of it, we may truly get to understand the true meaning of the Day of Resurrection (Easter).

CONTRADICTION

Most Holy Days and holidays in the year are times for thinking about life and its joys. Take Christmas, the 4th of July, Paska/Easter and Thanksgiving as examples.

But there are a few days set aside to reflect on death: Memorial Day and the six Saturdays set aside as "All Souls Saturdays." These are the Saturday before Meatfare Sunday (Feb. 17), the Second, Third and Fourth Saturdays of Great Lent (Mar. 9, 16, 23), the Saturday before Pentecost (June 1) and the Saturday before St. Demetrius Day (Oct. 19/Nov. 2).

The one All Soul's Saturday in February comes the day before Meat-Fare Sunday. On this Sunday the Last Judgment is liturgically commemorated. Therefore, the day before, we, in our charity, are invited to intercede with the merciful Judge for the deceased that they be placed at His right Hand when He will come to judge the living and the dead at the Second Coming. As we recite in the Creed: "And He shall come again, with glory, to judge both the living and the dead."

If we think about life and its joy, shouldn't we also think about death and its joy? The joy of death. It seems contradictory. There is no joy in death. Loved ones are lost; grief is experienced; difficult times of adjustment follow.

Nonetheless, there is joy in death: the joy of completion. The final step of the journey toward heaven has been taken.

Prayer for their souls helps them and us.

BASIC FACTS (7)

In the Orthodox Church, membership has two distinct and frequently confused meanings. All persons who have been baptized in the Church and received the Sacrament of Anointing or Christmation, which immediately followed their Baptism, are communicant members of the Church and can participate in the Sacraments of Penance and Eucharist. Parish membership, however, was traditionally counted by males over twenty-one than by communicants because the head of each family was the voting member of the parish congregation. In the past decade this has changed in most parishes with both male and female members over twenty-one being responsible for financially supporting a parish and having voting rights. As this has changed, parishes no longer estimate parish size by families but by the number of people supporting it financially.

These facts give rise to confusion and uncertainty of statistics for Orthodox "members."

MISSION FUND

Copies of the "Herald" go to places and people other than in Alaska to instruct about the Orthodox faith. Helping are: Michael Petronko, PhD, John Volosin, Mr. and Mrs. Peter Jubinski, Helen Kotter, Mr. and Mrs. John Petrochko, Anonymous, Marie Grabania, Mr. and Mrs. Paul Rusinko, Fr. Peter Staviski, Ethel Watlock, Stephen Karas, Anne Babey, Walter Kulakovich, Vera Stocking, Helen M. Harvey in memory of beloved parents.

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Do the best you can with what you possess.
Though it isn't much, yet it could be less.
He invites defeat who gives in to sighing.
But the battle is won if you keep on trying.

Dabs of Thoughts

On Feb. 24, 1582, Pope Gregory XIII issued a papal bull, or edict, outlining his calendar reforms. (The Gregorian Calendar in general use in the civil world today.)

According to St. John Chrysostom in his 16th Homily, the principal reason for Great Lent is repentance for our sins. He writes: "When a pagan asks you why you fast, you do not answer that it is because of the Lord's passion or because of the cross ... but for your sins, because you are soon to approach the Holy Mysteries (Sacraments). The Passion is not a reason for fasting or mourning, but one for joy and exultation; we mourn not because of that, but because of our sins. This is the reason why we fast. Since Christ, our Lord, of whom penance could never be required, voluntarily gave us such an example with His forty-day fast in the desert, it is only natural that we sinners should follow His example and fulfill His directives. 'I tell you unless you repent you will all likewise perish.' (Luke 13:3)."

The four consecutive Sundays preceding Great Lent and which serve as a preparation period for the Lent are collectively given the name Triodion. Each Sunday's Gospel is dedicated to some aspect of repentance. For example the Sunday of the Publican and Pharisee (Luke 18:10-14) on Feb. 4 the theme is humility. The Sunday of the Prodigal Son (Luke 15:11-32) Feb. 11 has the theme of return from exile. The next Sunday Feb. 18 is the Sunday of Meatfare (Matt 25:31-46) and its theme is the Last Judgment and love. The Sunday of Cheesefare (Matt 6:14-21) on Feb. 25 has the theme of forgiveness. All of these themes set the tone for the Lenten journey to Paska/Easter. The journey of repentance to Resurrection.

The Psalter or Book of Psalms of the Old Testament is called "The Prayerbook of the Church." The psalms are read at almost every service of the day, which include Vespers, Matins and the Canonical Hours. Their reading is dispersed over the course of each week and twice during Great Lent. This schedule of reading is called the "Kathismas."

Chains do not hold a marriage together. It is threads, hundreds of tiny threads, which sew people together through the years.



EDITORS' NOTES

So many times after we take a tour, we have the tendency to remember places, people and incidents and what we got out of the trip; we seldom think about how our presence has affected the people in the places we have visited. We became aware of this after we received letters from Bishop Adam in Sanok, the priest and members of St. Nicholas Church in Novo Davedkovo and the nuns from Chorna Hora in Mukachevo. All wrote how much our presence meant to them and how much it brightened their lives. These words were especially humbling because we saw the conditions under which they all must live.

We miss these people and plan to visit them this September. We are tentatively planning a Heritage Tour 1996, so that others may share this experience with us. As in the two previous years, we will circle the Carpathian Mountains visiting in the Ukraine, Slovakia and Poland. We will somewhat alter our program as we do have some who take the tour with us each year. If you are interested in joining us, write for more information as soon as possible or call (717) 256-7232.

How can we thank all of you for your Christmas greetings, notes, and pictures? It is always such a joy to receive them. However, sometimes the letters sadden us and we send an extra prayer for those who have had a misfortune. Prayer is powerful!

We have been pleased this year by the number of people who either sponsor or take care of the Packet Plan in their parish. If you can distribute or sell at least 10 copies a month, write us for details. Help us to get the word out.

Some of you have written concerning your resubscription billing. We bill one month earlier, but you will get your full 12 issues. The new system makes it much easier for Betty, who has been so kind as to do our address labels for the past two years. These past few months she has been kindly allowed to use Fr. John's computer. We are grateful for both of these people and appreciate their expression of Christian charity.

However, to make it even easier and more expedient, we would appreciate two year rather than one year subscriptions. It takes less "keying in." ALso the post office now demands zip plus 4 on the addresses. Please include yours when subscribing.

May you all have a spiritually rewarding Great Lent so that you can see the Day of Resurrection.

The Stoegens

ETHNIC CHUCKLE

Dorohaya Tyotya Maria,

Perebachteh zhe yanney mozhyu vam peesatee very much noh yah taka sore all over. Tak bullo, me next door neighbor mehneh proseela na fun weekend. Ohna me kasala zhe a few couples rented a chalet ee ohne needed a few extra people. Yah kazyu OK. Me husband ohn takee stubborn ee neh hotchill peetee nah skiing-na fun weekend. Ohn want sitting doma watching ball game na TV. Ohn me kazhe zhe no one bude yeho klastee na dva skinny sticksee.

Yah peshla sama. Yah neh budu peesatee za me experience learning to ski. Alle zhe yah padala ee padala.

Druhee problem bullo zah heat. Bullo tak zemno nah mountain ee nash chalet was heated only with fireplace. Bullo kraseevo noh heat neh bull too good. Nash front pecksa a nashee backs froze. Yah dumala zhe mozhe I should have stayed doma with husband.

A you would be surprise shto yah found out nah tot fun weekend. Shitke totee mladee wearing totee dluhee gatchee! Yah znam boh ohnee drying them kolo fire yak me spalee. And yah finding out something else – snayehteh shto – some of them malee gombeetchkee na spoodnee place!

Budtey Zdrovyee,
Old but New Fashion
Hanya.

ALSAKA FUND

The following have shown concern for their fellow Orthodox in Alaska: Helen Kotter, Nika Stepanenko, Mr. and Mrs. John Petrochko, Maria Grabania, Mr. and Mrs. Paul Rusinko, Alexis Fedec, Charles R. Smith, Ethel Watlock, Anne Babey, Vera Stocking, John Volosin.

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We can pray, believe and receive, or we can pray, doubt and do without.

•Kitchen Corner

butter and topped with several slices of smoked salmon, herring or any other smoked, salted or pickled fish, or with sour cream and caviar, the amount of food consumed seems unreal.

Etiquette calls for the bliny to be brought to the table freshly fried. As the serving plate is passed, everyone takes two to four bliny on their own plate and then fixes them with a choice of toppings.

Not traditional, but very American is to serve the very delicate bliny with your favorite pancake syrup or honey.

Bliny (Pancakes)

2 1/2 cups flour
2 Tbls. sugar
1/2 teas. salt
1/3 cup butter or margarine
3 eggs
1 pkg. yeast
1 1/2 cups milk
1/4 cup water

Heat milk, water and margarine or butter until very warm. Add to dry ingredients and beat 2 min. Add egg yolks and beat well several minutes more. Cover, put in warm place to rise until double, about 1 hour.

Stir batter down. Fold stiffly beaten egg whites into batter. Let stand 10 min.

Pour about 1/4 cup butter onto lightly greased griddle to make 3 to 4 inch bliny. Bake until puffed and bubbly. Turn and fry until nicely browned. Only turn once. Stir down batter occasionally as it is used.

TODAY

You have heard the saying: "Today is the first day of the rest of your life." As long as we have life, each and every one of us must live within the confines of time – day by day, one day at a time. It is a precious possession. We can use it or we can waste it. At this very minute a life is being changed somewhere by some one, for better or worse. A hope is being born, a dream is being shattered. Pleas are being heard, accepted and rejected. Things happen every day.

This very minute, a part of today will soon be gone. It can never be replaced. It can be used to an advantage to bring happiness or it can be shunned aside to cause regret and faded hopes in tomorrows to come. Yesterday is gone. There may or may not be a tomorrow. But we do have TODAY. A decision right now to write a letter, make a phone calls, pay a visit, or whatever – can mean a lot to you and others on this – "The first day of the rest of your life."



Since the Pre-Lent begins at the beginning of February this year, it is time to start using all the meat you have in the freezer so that none remains for the Great Lent.

It is also time to start saving onion skins so that you have enough to dye Easter eggs.

The week before Great Lent (Feb. 19-24) is sometimes called "Maslianitsa" or "Butter Festival." In former times, people went all out with their Lenten fasting. They ate no meat or meat products and stayed away from butter, eggs, cream and the like. In order to use up their rich foods before Lent, they held a celebration on the days immediately before the beginning of Lent. Sometimes we hear this period referred to as Mardi Gras.

In Russia in common with other countries in Europe great quantities of pancakes were eaten. In Old Russia, bliny – pancakes made with yeast and only three or four inches in diameter were the delicacy served. This gala week-ended on Sunday at 6 p.m. and all Orthodox were expected to attend the Vesper of Forgiveness and openly (publicly) ask for forgiveness before beginning the Lent period before Easter.

There were many other foods served besides bliny. It was said that the average man ate about 30, the woman about 10. This was followed by consomme or bortschok served in cups, trout or some fish, a roast with salad, peaches a la melba or ice cream, coffee, liquors and fruit. When one brings to mind that the bliny were served with melted

(Continued on Page 59, Col. 3)

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FEBRUARY 1996

1 Mark 13:1-8	18 Matt 25:31-46
2 Luke 2:22-40	19 Luke 19:29-40,22:7-39
3 Luke 18:2-8	20 Luke 22:39-42,45,23:1
4 Luke 18:10-14	21 Joel 2:12-26
5 Luke 6:17-23	22 Luke 23:2-34,44-56
6 Mark 13:14-23	23 Zech 8:7-17
7 Mark 13:24-31	24 Matt 11:27-30
8 Mark 13:31-14:2	25 Matt 6:14-21
9 Luke 2:22-40	26 Prov 1:1-20
10 Luke 20:46-21:4	27 Prov 1:20-33
11 Luke 15:11-32	28 Prov 2:1-22
12 Mark 11:1-11	29 Prov 3:1-18
13 Mark 14:10-42	Lent begins - 26 Feb.
14 Mark 14:43-15:1	Easter - 14 April
15 Mark 15:1-15	
16 Mark 15:22-25,33-41	
17 John 5:24-30	

BIBLE STUDY

You will notice that in place of the Epistle and Gospel readings for the day, once Great Lent starts the readings are taken from the Old Testament. These are read daily throughout this penitential season.

The whole Book of Proverbs will be read this season. We are giving them as daily readings in our Bible Reading Schedule. For those who wish to add extra Biblical readings check a church calendar, you will find that many readings from Genesis, Isaiah and the Psalms are also given.

On the first day of Great Lent we read from Proverbs 1:1-20. This tells us that the fear of the Lord is the beginning of knowledge. And certainly this period of Great Lent is a time of introspection and meditation. As Bishop, St. Nicolai wrote about this reading: "A man may know the number of the stars in the heavens, and the names of all the fish in the sea ... but, if he has not the fear of God, his knowledge is of as much use as water in a sieve. And, in the face of death, his knowledge leaves him more fearful than a simple, ignorant man.

"A man may know all the thoughts of men and foretell their destinies and reveal every mystery that the earth holds in its inner recesses, but, if he has not the fear of God, his knowledge is like milk poured into a dirty vessel that will turn the whole of the milk sour. And, in the hour of death, his wisdom will not so much as smolder like a cinder, but will make the might of death even darker for him.

"The fear of the Lord is the beginning of wisdom. But, if a man has not begun aright, how shall he finish aright? If a man has followed the wrong path from the beginning, he must go back and find the beginning, setting his feet on the right path. He who has not the fear of God cannot have love for God. What are we saying here? He who has not the fear of God has not faith in God. The greatest ascetics, torturers of self who spent forty or fifty years in incessant asceticism, day and night, were filled with the fear of God right up to the time of their death, and these, the most sinless of mortals, cried out in the hour of death: 'Lord, have mercy on me a sinner!'

"The fear of the Lord is the salt of devotion. If this salt is lacking, all our devotion is insipid and tepid. The fear of the Lord girds up the loins, encircles the waist, gives the heart sobriety, curbs the mind and chastises self-will. Where is repentance without the fear of the Lord? Where is humility? Where is restraint? Where are chastity and patience, service and obedience?

Oh, my brothers, let us embrace this teaching as holy truth: the fear of the Lord is the beginning of wisdom."

PRESS FUND

How good you are to remember us and our need in your charity. We thank God for your friendship and support. Spasebo/Thank You Dimitra Gacis, George Brozina, Dorothy Demianovich, Helen Kotter, Marvin Kiehl, Alexis and Nadine Penkoff, Betty Swizz, Anonymous, Mary Kochmaruk, Mary Matrician, Fr. John F. Daniels, Thomas Broslawik, Olga Peck, Mary Eurist, Ethel Watlock, Joseph and Diane Holobinko, Vera Stocking, Harry Boyko, Verna Hershey, Sophia Turko, Irene Allen, Mr. and Mrs. John Petrochko, Marie Grabania, Mr. and Mrs. Paul Rusinko, Fr. John Fencik, Helen Cudlic, Lillian Soroka, Charles R. Smith, Arthur Panori, Mary Ann Carmack, Leona Hutchko, Cyril Wadzita, Harry and Rose Kulick, John Volosin, Nina Doughty, Patricia Soper Zeleniak, Anna Rosko. Nativity Gift from Julia Blisak. Navitity Gift from Helen Dopsovic. God's blessing on Father and Matushka Stroyen from Rita Wrobel. Deacon Steve and Gloria Pasko in memory of son, Ted. Velma Bova in memory of parents Andy and Petrinia Gernat. Helen Harvey in memory of beloved parents.

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Too many times we care more for a person's feelings than we do for his soul.